

## **AdvanceMed Hanford Occupational Health Services**

## Daily Stretch

## **GUIDELINES**

- Never stretch to the point of pain.
- Do not bounce. Use slow, controlled movements.
- Do not hold your breath.

- Breathe normally and relax while stretching.
- Hold each stretch position 10 seconds.
- Repeat on opposite side when applicable.



**SHOULDER & SIDE NECK** Place arm behind back, reaching toward opposite shoulder blade. Tilt head to side of straight arm.



**3-WAY NECK** 

Bend neck diagonally at 45 degree angle to right and hold. Repeat for the center and left positions.



SHOULDER & **NECK ROTATION** 

Press arm into body while rotating head toward shoulder of elevated arm.



4 TRICEP & SHOULDER

Place arm behind head and reach hand down to mid back. Pull elbow in toward head.



5 UPPER BACK

Press forward and outward with rounded arms. Round out upper back. Maintain upright posture and tucked pelvis.





**HAND, WRISTS & FINGERS** 

Separate and straighten fingers and hold. Next, bend at knuckles and hold. Finish by making fist and curling wrists in.



R TRUNK SIDE BEND

Place hand on hip. Fully extend free arm by reaching up and overhead.



9 QUADRICEPS

Holding a solid support, bend leg back. Keep knee in line with hip and tuck pelvis forward.



10 HAMSTRINGS & LOWER LEG

Extend leg out with toes pointing up. Bend forward at hips, while maintaining flat back.





Grasp palm side of hand, fingertips pointing up. Keep elbow straight and pull hand toward body. Repeat with fingertips pointing down.



**13** BACK ROTATION

Place arm on outside of opposite leg and apply pressure to rotate torso. Use chair to assist with rotation movement.



**HIP & GLUTEALS** 

Clasp hands around knee and pull in toward body. Maintain flat back, while bringing chest out

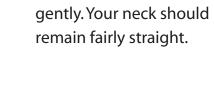
toward knee.



16 LOW BACK & HAMSTRINGS

Extend leg out on chair. Bend forward at hips, back flat. Repeat with toes pointed forward.





LOW BACK EXTENSION

Place your hands on your

low back and arch back



Cross leg over so foot is resting on opposite knee. Maintain flat back and bend forward at hips. Bring chest out toward leg.



INNER THIGH

From a wide stance, feet forward, shift weight to one side. Bend forward at hips, while maintaining flat back.